

# Cook with Stanley!

As the end of January approaches and we struggle to keep up with all our new years resolutions, take pleasure in this weeks delicious yet healthy recipes from Stanley which are packed full of wholegrain goodness. Research has suggested that eating wholegrains as part of a healthy lifestyle can help reduce the risk

of heart disease and diabetes so you can enjoy these homemade breakfast treats without guilt!

Stanley range cookers are the perfect partner for home baking as the radiant heat from the cast iron ovens ensures the finished results are moist and delicious.

## Granola

This deliciously crunchy granola is as versatile as you want it to be. Keep it interesting by substituting a cup of porridge with sunflower, sesame, linseed or pumpkin seeds or by substituting the raisins for other dried fruits such as chopped apricots or dates.

- **6 cups organic porridge oats**
- **1 cup chopped nuts**
- **1 cup wheat germ**
- **1 teaspoon grated nutmeg**
- **1 tablespoon ground cinnamon**
- **pinch of salt**
- **1 cup raisins**
- **½ cup sunflower oil**
- **¾ cup honey**

**Serves 10**

Preheat the oven to 160°C. Toss the dry ingredients (but not the raisins) together. Add the oil and honey. Toss again to coat thoroughly. Spread the mixture on greaseproof paper in your largest roasting tin and bake until golden, turning every 10 minutes so it browns evenly. When done, after about 30 minutes add the raisins and let cool. It will lose its stickiness and become crunchy. Serve with Greek yoghurt and bananas.



## Brown Bread

This is a buttermilk recipe. The Stanley is wonderful for making brown bread as the even heat puffs up the wheat and gives the loaf a golden glow.

- **10oz/300g extra course wholemeal flour**
- **2oz/55g porridge oats**
- **6oz/150g self raising flour**
- **1 tsp soda**
- **1 level tsp salt**
- **'dollop' sunflower oil**
- **500ml buttermilk (at room temperature)**
- **1 tablespoon of pumpkin and sunflower seeds**

Mix self raising flour, sieved bread soda and salt into a large mixing bowl. Add the brown flour and porridge oats. Measure the buttermilk into a large measuring jug and add a 'dollop' of oil (to make approximately 550ml fluid, no more!). Mix this into the dry ingredients and pour into oiled loaf tin. Sprinkle pumpkin and sunflower seeds on the top (optional). Bake in a preheated oven at 200°C for 40-45 minutes. Turn out onto rack to cool.

## Bran Muffins

Delicious for breakfast, bran muffins are both healthy and quick to make. Serve warm with butter, honey or marmalade.

- **4oz/100g wholemeal flour**
- **2 tablespoons baking powder**
- **1 tablespoon salt**
- **2oz/50g bran**
- **2 tablespoons wheatgerm**
- **1½oz/35g caster sugar**
- **1 egg**
- **½ pint milk**
- **4 tablespoons vegetable oil**

Brush a twelve-bun tin with oil. Place the flour, baking powder, salt, bran, wheatgerm and sugar in a mixing bowl. Mix together the egg, milk and oil. Add to the flour mixture and stir in just enough to mix together. Divide the muffin mix between the 12 bun moulds. Bake for 25-30 minutes at 200°C until they are risen and golden brown. Serve warm.

